

# Maintenance of the Daily Athlete

Curtis Simondet, MS, ATC  
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**Driven to Discover**<sup>SM</sup>

## DISCLOSURE

- I have nothing to disclose



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## Objectives

- To gain a better understanding of treating athletes who play every day
- Concepts and ideas for preventative rehab programs



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## Knowing the sport

- Baseball vs Gymnastics vs Cross Country
- Understanding Workouts
  - Interval Throwing Programs
  - Running work outs
- Conversation with coaches and players



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## Evaluation

- Demands
  - Pitch Counts, Mileage, Frequency of work outs
  - Wearable technology
    - GPS, Omegawave, Catapult, HRV scores
- Ortho Exams
  - Regular evaluations
  - Treatment/ preventative protocols should be based on exam
    - Avoid cookie cutter programs



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## Evaluation

- Functional Movement
  - FMS
  - SFMA
- Previous self care
  - What has the athlete been doing prior to your time with them
    - Newly drafted baseball players
  - Slowly integrate them over time, abrupt changes can have negative impacts



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## Preventative Rehab/ Exercises

- Individualized vs Cookie Cutter plans
  - Should be based on your evaluation, sport demands, time and place of the season
- Timing of preventive care
  - Before or after practice/ lift/ game
  - Athletes preference
  - Be Creative



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## Example

- Day 2 (starting pitcher) – Bullpen Day
  - Myofascial Release (Foam Roll, Voodoo bands, Lacrosse Ball)
  - Mobility Exercises (FMS corrective exercises) – Upper and Lower body
  - Throwing 120-150 long toss with bullpen
  - Shoulder exercises
    - Conservative rotator cuff program
    - Manual Resistance
  - Strength and conditioning



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## Return to play

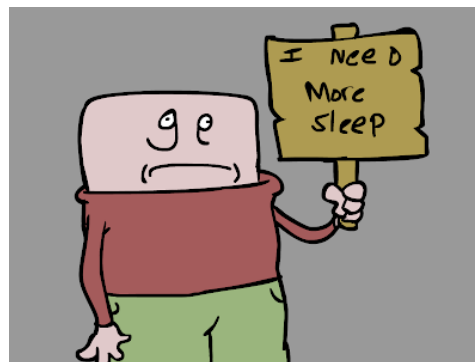
- Intentional
  - Goal specific
- Individualized
  - Starting pitcher vs reliever vs catcher
- Sport Specific
  - Return to throw
  - Return to run
- Time of season



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## Rest

- Maximize any rest you can get
- Baseball seasons are 6-9 months long
- Gymnasts Practice/Compete year round
- Sleep



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## Collaboration with Strength/ Performance Staff

- Constant Conversation between Performance staff and medical staff
- Good communication will maximize the benefits of the weight room
- Both medical staff and performance staff should be evaluating the athlete and comparing notes



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## Food for thought

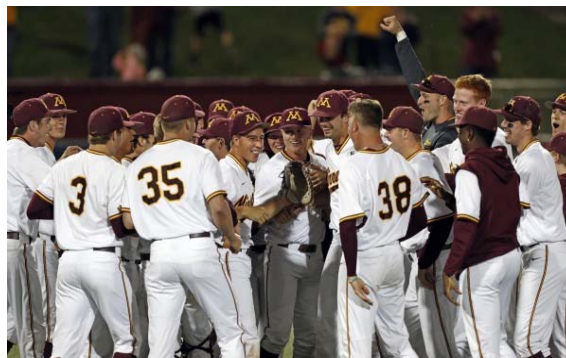
- Age/ Maturity/Level of play
- Professional vs Amateur Athlete
- Athlete/Patient input
  - Level of interest
- Education
- It is easy for people to get overwhelmed



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## Collaboration

- Treating daily athletes is always best served by using a team



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## Conclusion

- Preventative treatment should be tailored to the athlete, not the sport
- Evaluate all demands on the athlete to make best preventative treatment plan



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## Contact Information

- Thank you for allowing me to present
- Email: [sim00391@umn.edu](mailto:sim00391@umn.edu)



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